



Exercises for Healthy Joints: The Complete Guide to Increasing Strength and Flexibility of Knees, Shoulders, Hips, and Ankles

By Jr. William Smith

Hatherleigh Press,U.S., United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. Don't Let Joint Pain Dominate Your Life As an increasing number of people are living longer, joint pain is becoming more common. However, exercise can play an integral role in promoting joint health by strengthening cartilage and ligaments. Even low-impact exercise can help to prevent joint pain. Exercise is a natural way to keep joint pain and arthritis in check at any age, and studies suggest that implementing exercise later in life can drastically reduce one's chance of developing joint-related pain. Exercises for Healthy Joints shows you how to avoid joint pain through physical activity. You'll also learn about the causes of different types of joint pain and, if exercise is not enough, which surgeries may be necessary for different joint-related issues. Loss of muscle mass, bone, and flexibility does not have to be part of your aging process, and Exercises for Healthy Joints will show you how to remain active and healthy longer. Exercises for Healthy Joints also includes: * Clear pictures of safe and effective exercises * Detailed instructions on how to perform each exercise *...



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Reviews

It is one of my favorite books. Sure, it is actually engaging, nonetheless an interesting and amazing literature. I am happy to let you know that this is basically the finest book I have got to study inside my very own existence and might be the finest publication for ever.

-- **Randal Reinger**

This book will never be easy to start on reading but quite exciting to see. It is actually really intriguing through looking at periods of time. Your daily life span will be converted once you totally look over this book.

-- **Torrance Vandervort**